



# SEAFOOD Chowder



## Description:

Hearty fish broth with shrimp, potatoes, and other vegetables combined with a blend of herbs and spices. Wonderful taste! Fully prepared, ready to heat and serve. Also available in concentrate.

## Usage Instructions:

*Ready to heat and serve in four different ways!*

- Defrost for 1-2 hours in cool water or in a refrigerator overnight and boil in the bag for six minutes
- Or drop frozen pouch into boiling water. Heat uncovered for 15 minutes
- Or microwave. Punch a few holes in the pouch, heat on high for 2-4 minutes
- Or thaw and heat in a saucepan on low-medium setting
- Serving size 8 oz (227g)

**Packaging:** Vacuum pouches; 20 x 1-lb; 4 x 5-lb; other sizes available

**Storage:** Keep Frozen; -18°C (0°F) or colder

**Shelf Life:** 12 months



P.O. BOX 70  
SELDON  
FOGO ISLAND, NL  
CANADA  
A0G 3Z0

Phone: (709) 627-3452

Fax: (709) 627-3495

Email:

[fogoislandcoop@nf.aibn.com](mailto:fogoislandcoop@nf.aibn.com)

**Kitchen Made  
Products**